

Set A Good Example

Kids often do what parents do. By setting a good example, you'll increase the chances that your children will make low-risk decisions about alcohol and other drugs.

- If you drink, let your kids see you drink small amounts that do not produce intoxication, see you abstain at times, and hear you say, "No thanks, I'm driving."
- If you don't drink, explain to your children why you have made this choice. Point out examples of low-risk drinking in case they choose to drink as adults.

- Show your kids you are a responsible host by having nonalcoholic drinks available for guests, never "pushing" drinks, and by serving food with drinks.

- Demonstrate positive ways to handle stress. Practice relaxing, exercising or working at a hobby instead of having a drink.

For more inform

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(800) 64

Help Kids Learn How

Help your kids practice and put pressure on them to

Let them know that saying everybody, even adults, isn't a trust issue, it's a prepared.

Ask your child questions

■ “What would you do if you came up to you at the

■ “What could you say to them?” baby-sitting and Mr. you home, but you drinking?”

■ offered you some b
say if they called y
Help them come up
like “No thanks, not